



LOUDER THAN LIFE

Unit A, Penistone 1
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♪ Musical Warm Ups ♪

Always start with substantial Musical warm ups. Performing Musical Warm ups will:

- Get the children to focus on you
- Get the hands and body warmed up to avoid any potential pain or injury in preparation for the very physical drumming music lesson
- Introduce new elements, which you are going to develop in the lesson – these can be techniques, rhythms and ideas, etc.
- Develop musicianship, rhythm, pitch, holding a part, working together as a team, etc.

Warm ups are not just a preparation for the work to come; they are the work itself! Do not be afraid of repetition, as rituals are very effective in getting children 'in the zone' but of course be sensitive to boredom.

Here are 3 Warm Up ideas to work on. Choose one or two warm ups to do each week. Try and progress with these over a few weeks before introducing a new one.



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Warm Up 1 – Circle Game

Stand the children in a large circle. Count in a tempo and get the children to walk round the circle stamping on the first of every four steps with their right foot. Once a consistent pattern has been established ask them to stop and begin adding instructions. Using a multi-tone whistle decide on multiple instruments. For the first instruction, get the children to change the foot they are stamping on (from right to left). The second instruction would be to turn and walk around the circle in the opposite direction. The third instruction could be to jump into the air. As you are using multiple instruments / sounds this warm up is fantastic for aural perception and following clear instructions. It can also be easily expanded for pitched instruments to make it even harder.

Warm Up 2 – Name Game

With all the children sat in a circle start a tempo with a pair of sticks or claves. Starting with yourself commence counting the beats one beat at a time moving round the children. Once you've counted four go to back one and start again until all children have said their number. The next time you go round instead of just saying numbers get all those that were beat number one to say their name. Children with beat numbers 2,3 or 4 say their numbers as normal. Repeat this with number 2's saying their name 3's and then 4. Once they have said their name they go back to saying their number. This warm up is great for beat concentration and for getting the children to concentrate in a musical way.



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Warm Up 3 – Body Percussion ‘3 against 4’

Have half the class make a line, and the other half in a second line parallel to them. Get the children to face each other so they all have a ‘partner’ in front of them. One line is Team 1 and the other is Team 2.

Have them all learn the 4 Beat Body Percussion Rhythm:

| : Stamp Stamp Knee Knee Belly Belly Clap : |
| : ♪ ♪ ♪ ♪ ♪ ♪ ♪ : |

This is repeated three times. On the third time however, the Clap is supplemented with a ‘High Ten’ with the children’s partner.

After the children can achieve this, teach them the 3 beat Body Percussion Rhythm:

| : Stamp Stamp Belly Belly Clap : |
| : ♪ ♪ ♪ ♪ ♪ : |

This is repeated four times. On the fourth time the Clap is supplemented with the ‘High Ten’ as with the 4 beat rhythm.

Once the children can achieve both of the above, have Team 1 do the 4 Beat Rhythm and Team 2 do the 3 Beat Rhythm. If done correctly they should all end up with the ‘High Ten’ at the end! (Both rhythms have a total of 12 beats)

To make this easier have the children face away from their partner. This will make it easier to concentrate on their own rhythm, but make sure they spin around on the last ‘Belly’ ready for the High Ten!

Also have them speak the actions as well as performing them.